

Still throwing guts around, but listening with their ears

After two decades of costumed shock-rock and 20-foot prop dinosaurs, Gwar are finally putting some effort into their music

musicpreview

Gwar

Sounds of the Underground tour
Saturday, 28 July at 1pm
Shaw Conference Centre

PAUL BLINOV
Arts & Entertainment Editor

For the past 20 years, Gwar has been drenching the world in fake blood, guts, and urine. It's almost frightening to think about, but in an era when most bands put out maybe two albums and get a few years the lime-light tops, the aging shock-metal band has yet to throw in the blood-soaked towel. According to vocalist Oderus Urungus, there simply isn't any other job description he could fill.

"I am Gwar," he announces over the phone. "I have to be Gwar. No one else can do Gwar ... We've set the standard for theatrical shock-rock. A lot of bands are doing it and have done it, but nobody has ever taken it to the extreme that Gwar does."

For the uninitiated, Gwar uphold monster personas onstage, wearing extravagant, ghoulish costumes and boasting names like "Beefcake the Mighty" and "Balsac the Jaws of Death." They claim to have come from the planet Scumdogia to "fillet our genitals," and, at any given show, they will gleefully spray fake bodily fluids all over the crowds. Of course, the fans love every minute of it, which Oderus understands as a supply-demand relationship between audiences and the band.

"I would've expected [Gwar] to have



died a long time ago," Urungus says before switching into character to correct himself. "Actually, we expected to escape the planet Earth years and years ago, but probably the bottom line is that we give people something that no other band does. People of all ages love to go see Gwar."

"Recently, I was introduced to some fans; it was a dad who brought his kid and also his mom to the show," he continues. "So we had three generations of Gwar fans at one show, all covered in splooge."

Things haven't all been sunshine

and bodily fluids for the band, however—they've gone through multiple line-up shuffles, and the band's just pulling themselves out of the nosedive they experienced in the '90s, when they were widely seen as a joke. With the world's attention slipping and the band on the rocks, Gwar committed perhaps their most shocking move yet: taking their detractors seriously.

"Critics were always ragging on Gwar, saying 'Oh, [the band]'s a big joke; they don't take the music seriously, and they can't play their instruments,'" Urungus explained.

"That really always used to piss us off, because I defy anyone to jam as hard as [Gwar] does, especially when being attacked by a 20-foot Tyrannosaurus Rex. What we did was decide to really listen to the critics, and challenge ourselves—as intergalactic rock stars—to start writing some records that were a little more musically ambitious."

By taking a stab at improving their music, Gwar received renewed interest, scoring a co-headlining spot on this year's Sounds of the Underground tour, and releasing a

retrospective DVD, *Blood Bath and Beyond*, and new album, *Beyond Hell*, in 2006. With a revived sense of relevance, the band's existence remains safe. Not that Urungus can see any other future for himself.

"It's Gwar or nothing at this point," he states in a rare slip of character. "When I was younger, I thought bands would be born, have a few records and then they'd die, but the older [Motorhead's] Lemmy gets, the more I realize that we can keep doing this for as long as the body will obey."

Smooth Segway from coast to coast

filmreview

10 MPH

Written and Directed by Hunter Weeks and Josh Caldwell
Now on DVD

COLIN KEIGHER
Arts & Entertainment Writer

Normally, when you watch a movie about travelling cross-country, you just get to see the big monuments and destinations, and little of the travelled path itself. But in the case of the documentary *10 MPH*, the usual done-to-death hot spots are skipped in favour of the journey itself, and despite the (very) slow pace of their transportation, it was far from a boring trip.

Stars and creators Hunter Weeks and Josh Caldwell decided to go coast to coast across the US, but chose a far more unique—and slow—vehicle than most. Running at only ten miles per hour—16km per hour for us metric folk—they traveled across the country on a Segway, the device that was all the rage and mystery half a decade ago.

If you're unfamiliar with the Segway, it's a two-wheeled, self-balancing electric transportation device that looks similar to a golf bag caddie. Just before American entrepreneur, Dean Kamen released the

device in 2001, Apple CEO Steve Jobs had claimed that it would change how we think about transportation and that entire cities would be built around it.

Unfortunately for the laziest among us, such cities have not appeared. However, Segways are still around, and make for a surprisingly entertaining travel movie. There were several underlying themes that gave the simple story of taking the two-wheeled contraption across the country a little extra gas.

There was a sense of humanism and relaxation in *10 MPH* that you don't see very often in travel flicks.

For one thing, the path chosen was not the logical route of taking Interstate 90—which starts in Seattle and ends in Boston—but instead the lesser traveled routes. This allowed them to visit small-town America and give audiences a better feel for what it is to be a modern American. There was a sense of humanism and relaxation in *10 MPH* that you don't see very often in travel flicks.

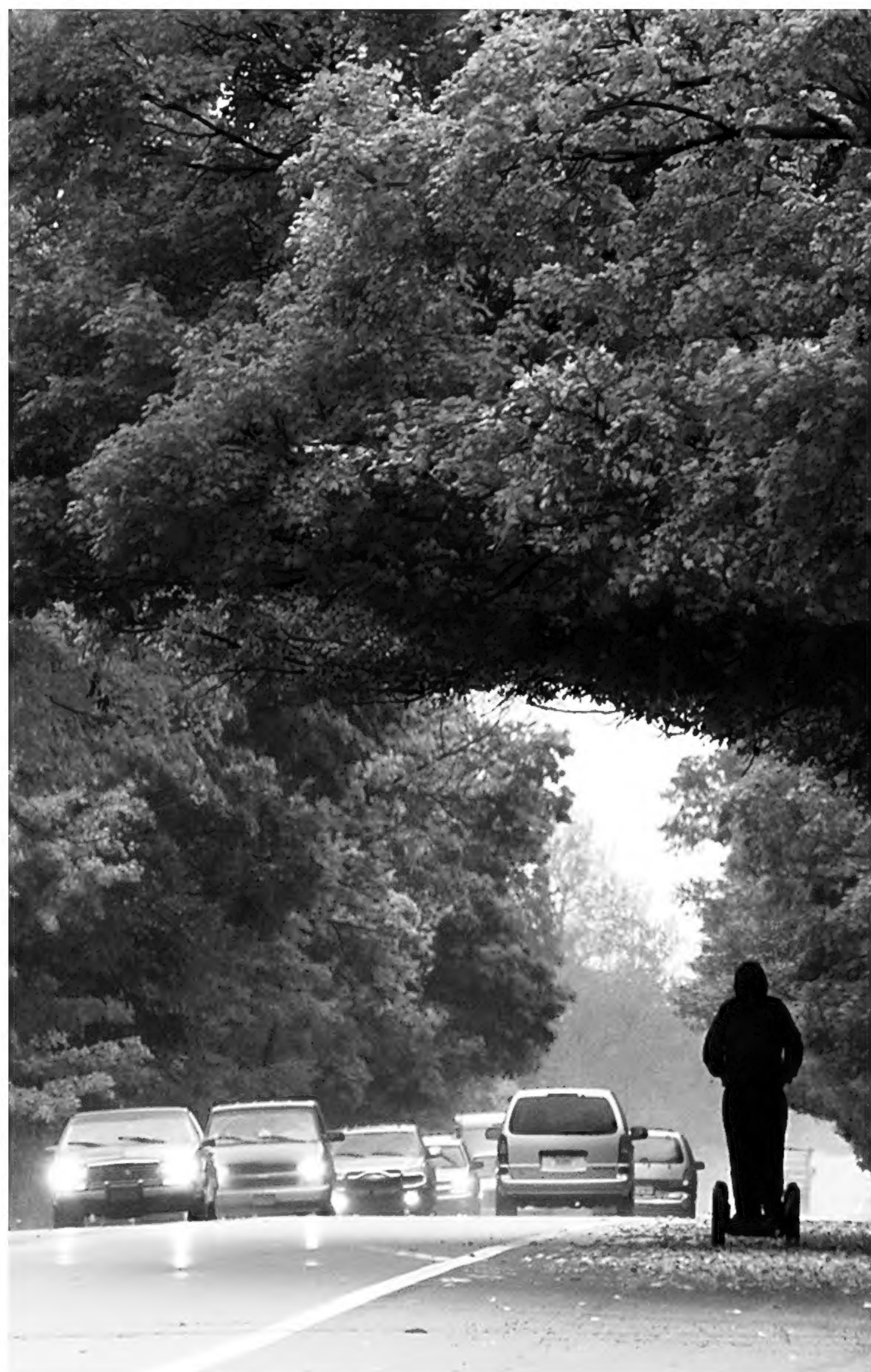
This was shown when one of the

cast members accidentally rode a tractor into a Winnebago. The primary reaction from the owner was concern, with none of the anger that you'd expect after someone crashed into your vehicle.

Another theme that cropped up was that you don't necessarily have to work within the confines of corporate America in order to get what you want out of life. Before their trip began, Weeks and Caldwell both worked as software engineers and hated it. Even with the problems they faced throughout the movie—financial, mechanical, and even legal issues all arose—they managed to persevere and complete their journey.

The interviews with small-town folk that Weeks and Caldwell conduct will likely have you rethinking the pros and cons of living in a large city when instead of a small rural town. In one such interview, a young man pointed out that everything he needs in life is possible in the small place that he lives in and that he also feels sorry for those who have to commute hours per day to get to their jobs in the larger cities.

Overall, *10 MPH* gives not only a great view of rural America, but it also tells a bit of a tale about what modern life is like today and what could be done by anyone to reclaim what gets lost in the big city lifestyle.





albumreview

Carole Pope
Transcend
True North Records
www.carolepope.com

ELIZABETH VAIL
Arts & Entertainment Staff

Unless you're already a knowing fan of Carole Pope, listening to her newest album *Transcend* can be a bit of a gender-bender. Despite being—for all bets and appearances—a woman, and labelled as the vocalist in the liner notes, the person powering the ten songs on this album belts a decidedly male voice that sounds like it could

belong to the secret love child of Garth Algar and Bono. It certainly doesn't help the uninitiated when most of her love songs are written about women and all seem relatively similar, if not in content then in sound.
Carole Pope's vocal acrobatics work in new-wave songs like "Transcend," the breathy "Seduction," and the

itchy-cool "All Touch/No Contact." Unfortunately, her affected vocal manner comes off as a little too over-the-top and silly when applied to overtly sexual numbers like "Edible Flower." You can probably guess what she means by that title, and coupling it with her masculine voice makes for a flat track.
In general, whether you hear a man or a woman on the other end of your stereo, *Transcend* packs a cool, throbbing, but contained sound that follows subtler electronic beats and minimalist instrumentation. Unfortunately, there's fairly little differentiation between the songs, so if you're not a fan of the first three tracks, your enjoyment of the album will be pretty minimal.



albumreview

Paul Reddick
Revue
Northern Blues Music
www.northernblues.com

MARIA KOTOVYCH
Arts & Entertainment Staff

When performed well, good blues music can evoke many different emotions within whoever hears it. Unfortunately, many of the tracks on Paul Reddick's newest album, *Revue*, do nothing but make listeners cringe.
Reddick's voice, especially when reaching for high-pitched notes, sounds strained and one dimensional. Furthermore, his voice does nothing to convey the themes or meanings of the songs on *Revue*; Reddick could take note of fellow blues singer John Hammond when

it comes to conveying emotions through song. However, the rare time when Reddick does manage to give a decent vocal performance—such as on "Am I Right or Wrong?"—the overall result is quite pleasing.
Despite the problems inherent with Reddick's vocals, this CD does have one redeeming quality: the instrumentation. The true stars of this CD—the instruments—are precise and nuanced, with Reddick's talent on the harmonica almost compensating for his lack of quality vocals. "The Sidemen Boogie"

is the best track on this album, presumably because of the lack of singing—the instruments are a-go in full force, showing the magic that happens when Reddick plants his mouth around the harmonica instead of behind the mike. The other instruments, notably the bass and the drums, help stir up a musical whirlwind on this track, with interesting and exciting results.
"Am I Right or Wrong?" also showcases a toe-tapping, ragtime-style syncopation, resulting in a song that's a cut above the majority of the album. The mambo rhythms of "Queens Hotel" introduce the song on a promising note, but sadly, Reddick's vocals ruin the cool, Latin feel of this piece.
It's too bad, because *Revue* could have been a fantastic CD, if only Reddick had stayed away from the microphone and focused on the strength of his instruments. He didn't have to say a word.



albumreview

An Angle
The Truth Is That You Are Alive
Drive-Thru Records
www.ananglemusic.com

EDMON ROTEA
Arts & Entertainment Staff

From the very first track, An Angle's third-album, *The Truth Is That You Are Alive*, establishes itself as a varied combination of musical styles. The opener, "Oh! Oh! Oh! Trouble," is a mix of jazz piano, rock, and classic 1960s-style pop. As for the rest of the album, musical variety remains plentiful with tracks that vary from punk-rock-style anthems to feel-good love songs like "Falling In Your

Arms" and "Going to Heaven"—the latter track discussing such issues as religious views and tolerating alternative lifestyles. These issues are addressed in a very comforting manner, however, which means the disc is never really a depressing listen.
Another song, "C'mon C'mon," has a country-rock feel that at first appears upbeat, but actually contains

depressing verses such as "If I die tonight, then I guess I won't exist" But that's as depressing as *The Truth Is That You Are Alive* ever gets, especially with most of the music sounding so clean and wholesome, making listeners feel upbeat about "being alive."
While the album's title may mislead many into thinking that the album is another Christian rock release, it isn't. The album deals with themes of dying youth, homosexuality, one-night stands, and other topics of controversy—all in a polite, tolerant, entertaining, and positive manner.
Especially with the album finale "You Are Loved," listeners will relive that same feeling that they got after watching an episode of *Mr Rogers*—that it's good to be alive.



albumreview

The National Parcs
Timbervision
Audiogram
www.thenationalparcs.com

KRISTINA DE GUZMAN
Arts & Entertainment Staff

One only has to look at the band name to come to the conclusion that Montreal's The National Parcs (formerly known as Freeworm) are full of incongruities. Are they English or French? Are they rappers or tree-huggers? They did, after all, choose to leave the city—a place that has become synonymous with hip-hop culture—and venture out into the wilderness to collect nature's sounds, in the form of birds, water droplets, and rocks. And that list doesn't

even begin to uncover the multitude of sounds this trio has captured to create this truly unique album.
It becomes obvious right away that *Timbervision* is a tribute to the sights and sounds which naturally encircle us—hence the title. The National Parcs even provided a DVD to show the outdoor adventures they undertook while recording the album. Presented as a collection of music videos, the DVD's direction is so stunning that if you didn't already appreciate the songs by

listening to them, you definitely will after seeing how they were recorded in the outdoors.
Now, this may all sound rather bizarre, and with tracks called "Down By the River," "Marvels of Animals Behaviour," and "Pine Cone Jive," first impressions might make it difficult not to chuckle or smirk before even giving this record a chance. But when you hear nature calls mixed with chants in "Whispers from the Grave" or African beats paired with electronica as showcased in "Border Patrol," you may very well find yourself "Awestruck"—another track on the album that just so happens to contain one of the catchiest raps written and performed this year.
Ultimately, whatever genre you try to peg *Timbervision* in is irrelevant; The National Parcs have taken the streets to the cedars, and given us the best of both worlds.

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THE GATEWAY

Circulation Public Affairs Liaison (Circulation PAL)

The position's duties include:

- Delivering the *Gateway* to designated locations on and around campus
- Mailing out all issues of the *Gateway* to subscribers
- Sorting incoming newspapers and other publications and displaying them neatly in the *Gateway* offices
- Co-ordinating collation of that year's issues of the *Gateway* for the production of bound editions

The successful applicant for this position will:

- Be available from 9:30am to 2:00pm on Tuesdays and Thursdays during the regular academic year
- Possess a valid driver's license

Online co-ordinator

The position's duties include:

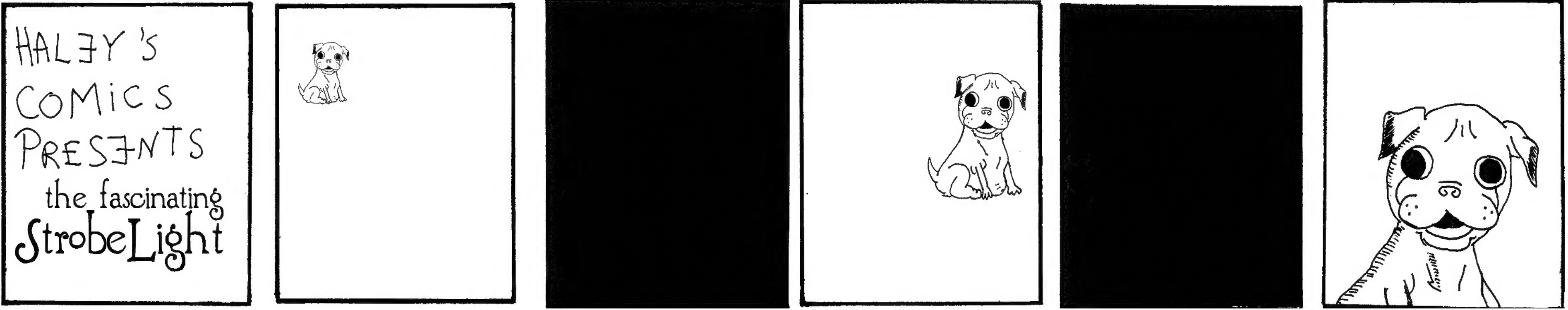
- Uploading and maintaining the *Gateway's* online content
- Moderating the online comments and forums
- Developing and maintaining the *Gateway's* website and information tracking database

The successful applicant for this position will:

- Have strong knowledge of HTML (XML is an asset as well)
- Be familiar with the Apple OS X platform
- Be available on Monday and Wednesday evenings

For further information or to apply, contact
Steve Smith, Gateway Business Manager
3-04 Students' Union Building
T: 780.492.6669 F: 780.492.6665
biz@gateway.ualberta.ca

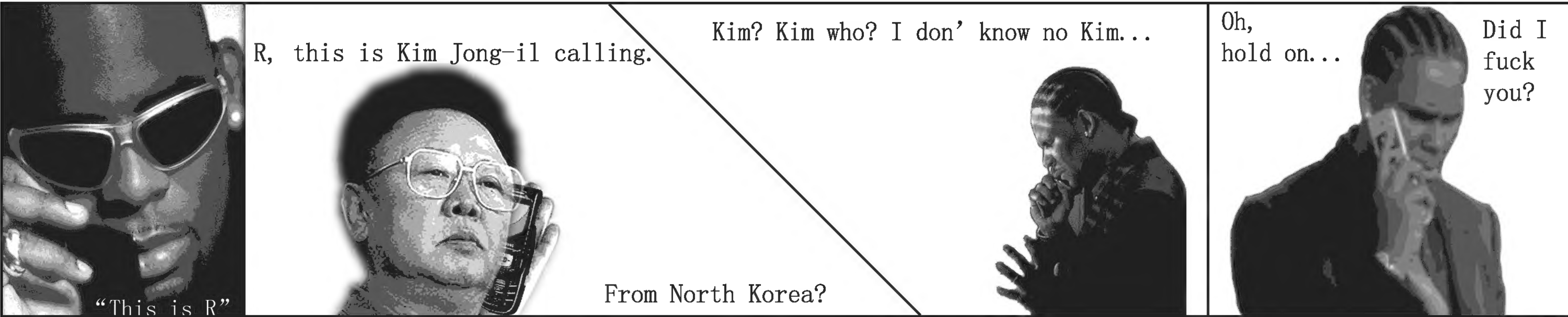
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Volunteer for the Student Distress Centre and make a difference by being a supportive listener. Visit www.su.ualberta.ca/sdc for details. Deadline is 7 Sept. Apply today!

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PERSONALS

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THE GATEWAY

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PHOTO ILLUSTRATION: KIM SMITH

CLEAN POWER GLOWS BRIGHT WHITE Energy-saving compact fluorescent bulbs will only be a small part of the environmentally friendly development planned for the area south of 71st avenue.

Green light for green South Campus development

With concerns over pollution, the University has made plans for future expansion to have as little environmental impact as possible

KIM SMITH
News Staff

With the expansion of the LRT along 114 St, the University of Alberta has proposed a plan to develop South Campus as sustainably as possible in hopes of lessening its environmental impact and boosting the University's reputation.

According to University Vice President (Facilities and Operations) Don Hickey, the U of A now has the opportunity to start fresh with South Campus and address environmental stability of the site.

"Now you have a green field in the middle of an urban environment: how do we best develop it, taking into account all kinds of sustainabil-

ity practices?" Hickey questioned. "How do you lessen the footprint on the environment when you're building?"

Instead of addressing only the energy efficiency of buildings as done elsewhere at the University, the development planned for South Campus will go beyond its design and layout by being more accommodating to walkers and bikers, as well as by incorporating the U-pass.

According to Hickey, the U of A hopes to reveal by this fall its proposed sustainability policy for campus, which he said will act as a scorecard around what decisions will be made.

"In the past, decisions were strictly made on a life-cycle basis, so quite often it would be on a financial basis,"

he explained. "I think when you add these other principles in place, the scorecard is going to be much different. Technical will be one, financial will be one, but then we'll also have sustainability issues. It'll be a much more complicated decision-making [process]."

There have been indications, especially out of the US, that students are beginning to choose their universities based not only on the quality of the institution, but also on what they're doing in terms of environmentally friendly development, Hickey stated.

According to Michael Rawson Clark, director of the Campus Sustainability Coalition, due to climate change and other environmental factors, students

are starting to understand the importance of green initiatives.

"You don't have to be an environmentalist anymore to care about these things," Clark said. "It's [as much] the right to have clean air [and] clean water as basic human rights. If you're fighting for sustainability, you're a human rights advocate as much as you're anything else."

Clark also noted that other North American universities such as Harvard and UBC have already implemented extensive sustainable development programs, and that the U of A needs to follow suit in order to remain competitive.

"The top schools in the country take sustainability very seriously, so if the U of A doesn't do it, I don't think it

would ever be able to achieve its goal of being one of the top 20 universities in the world," Clark said.

Students' Union President Michael Janz said that building more efficient and sustainable buildings is financially a good plan. The money that the campus won't be spending on paying heating bills and other buildings costs can go towards the operating budget—which is where our tuition increases typically go towards, he explained.

"I would much rather see the University spend the money on becoming more efficient and spending that money on professors [instead of] spending that money on expensive heating bills," Janz stated.

PLEASE SEE **GREEN** ♦ PAGE 2

Health benefits of meditation questioned

EDMON ROTEA
News Staff

While many people try to meditate their way to better health, evidence for the therapeutic value of meditation may be lacking, according to a new report by the University of Alberta and the Capital Health Evidence-based Practice Centre (EPC).

The study, titled *Meditation Practices for Health: State of Research* and led by research project managers Maria Ospina and Kenneth Bond, analyzed 813 English-language studies that dealt with the effects of meditation on health problems. The research, which was under contract to the

US Department of Health and Human Services, sought to evaluate the current state of research in meditation on a variety of health conditions.

"This was a more ambitious project," Ospina said. "We wanted to include all meditation practices that have been researched in the scientific literature and have different conditions and populations, so the criteria were broader—that made it more challenging to complete."

She also explained that previous studies often placed emphasis on the effects of meditation on a specific medical condition.

The report found that among the 813 English-language studies evalu-

ated, most concerned three health conditions: high blood pressure, heart disease, and substance abuse.

Bond explained that other conditions had been studied in the reports analyzed mental health problems such as anxiety disorders, depression, and insomnia, as well as other medical ailments such as fibromyalgia and diabetes.

"What's interesting is that researchers in meditation might be tuned to what is important from a public health-care perspective. Hypertension and cardiovascular disorders are conditions where the burden of those diseases is high, along with mental disorders and substance abuse," Ospina said.

PLEASE SEE **MEDITATION** ♦ PAGE 3

Program bluffs with binary

RYAN HEISE
Deputy News Editor

Poker's rise in popularity over the last few years has created a new breed of hold 'em players. But a new challenger from the University of Alberta doesn't wear dark sunglasses or peer into your eyes with a stoic stare as it sits across from you, waiting to pick out that one tell—a flinch or a furrow of your brow—to take all your worldly possessions.

This player is more methodical; constantly watching your play closer than any human ever could in heads-up play.

Its name is Polaris, and it's a poker-

playing computer system developed by a group of University of Alberta researchers in the Computer Science department.

Computer Science professor Michael Bowling, who recently took over the team working on Polaris, explained how it differs from other programs designed to play games.

"If you look at chess, computer programs can beat pretty much anyone out there. Poker is interesting because this just isn't true," Bowling said. "Poker doesn't have complete information in the sense that there is obviously some things you are missing—the cards the other person has."

PLEASE SEE **POKER** ♦ PAGE 3

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Always pick the big kids...

Eight teams descended on Edmonton for the FIFA U-20 World Cup and some Gateway photogs took in the action.

PHOTO FEATURE, PAGE 6-7



...or the monsters

The thrash-metal band known for throwing bodily fluids on audiences opens up—and really, really listens.

A&E, PAGE 10

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colophon

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“I’m not sure if we’re putting ourselves in an illegal position, but we’re surely putting ourselves in an immoral one.

COUNCIL FORUM

by Ryan Heise
Deputy News Editor

Students’ Council meets every second Tuesday in the Council Chambers in University Hall at 6pm. Council meetings are open to all students. The next meeting will be held on Tuesday, 7 August.

“THE ALL IGH TY OLLAR?”

The majority of council was spent debating a bill introduced by SU President Michael Janz and Arts Councillor Jo Chan regarding council remuneration. The bill would repeal councillor pay effective 1 September, 2007.

Councillor pay was first introduced for the 2006–07 Council in an effort to spur interest from potential candidates, as well as to try to increase the accountability of the organization.

However, with a handful of seats still not filled, many councillors felt that the pilot project has been a failure and that the \$34 000 budget for remuneration would be better spent elsewhere.

Those in favour of the bill argued primarily from historic precedence, stating that previous councils have accomplished many lofty goals, such as the building and renovating of SUB and the formation of an advocacy department, without remuneration.

It was also noted that being on Council, affecting students’ lives, and gaining the experience was adequate compensation.

Councillors against the bill argued that pay had been promised and many members ran because of it. Others stated that a one-year pilot project wasn’t enough time to reason whether or not councillor remuneration was successful.

Perhaps the biggest contention stemming from the bill was the proposed date to withdraw remuneration. Engineering Councillor Prem Eruybetine explained that many members would be forced to resign from Council and find ways to compensate for the lack of income.

However, some members questioned the salience of the debate at this time, citing that Council barely had quorum for the meeting due to the fact that many councillors are absent during the summer months.

After nearly two hours heated of

SCOTT NICOL
Business Councillor
—on the debate over councillor remuneration

debate, Vice-President (External) Steven Dollansky made a motion to table the bill until 2 October, at which time byelections for the remaining seats will have taken place and more councillors will be present.

U-PASS IS GO (FOR REAL THIS TIME)

Council unanimously ratified the U-Pass contract Tuesday evening, officially bringing low-cost mass transit to U of A students some September.

The U-Pass will be available as a sticker—similar to those used on license plates—and attached to students’ ONECard. The stickers will be made available through InfoLink booths around campus as of 20 August, but won’t be effective until 1 September.

New students will be receive their U-Pass when they pick up their ONECard during orientation and other mass-distribution centres will be set up around campus during the first few weeks of classes. Afterwards, passes will be available exclusively at InfoLink booths.

“This is a great program that’s going to save students millions of dollars as a collective, and we’re hoping it’s going to go off without any glitches,” Dollansky said.

South Campus begins anew

GREEN ♦ CONTINUED FROM PAGE 1

He agreed that the proposed development would have a positive effect on the U of A’s reputation.

“Campus is not very sustainable now—we’ve made some drastic improvements, but it’s older buildings and older construction. We have the chance to start fresh with South Campus. It’s a completely new place to break ground.”

Agriculture, Forestry, and Home Economics and Physical Education and Recreation have committed to relocate to South Campus, Hickey said. However, due to its limited infrastructure and low ranking on the government of Alberta’s priority scale, the development will be a lengthy project.

“[It’s] tough to get [South Campus] on as a priority right now given the capital inflation,” Hickey explained. “Whatever budget you had last year is 22 per cent more this year ... I think government is cautious in making commitments in these areas.”

Although there is no set timeline for the development of South Campus, Hickey explained that with the LRT operating beyond 71st ave, students can expect to see parking lots and perhaps eventually new residences being built in the area.

STREETERS

Harry Potter and the Deathly Hallows was released this past Saturday.

Did you wait in line to go buy the book?



Andrew Belto
Graduate Studies



Ryan Trelford
Math Graduate
Studies



Mason Veldhuis
Discover E
Student



Andrew Qi
Discover E
Student

I didn’t line up—I went to Shoppers’, picked it up for \$26.99 ... 9:30am the day it came out. I finished it on Monday night; I thought it was really awesome.

No. I just haven’t caught on to it. I’ve seen all the movies; I think they’re really good.

Well, I’m currently reading it. Actually, he gave me the book [Andrew Qi]; yeah, it’s just a library book.

I got it on Monday. It’s a pretty good read; interesting twists so far.

Compiled and photographed by Robin Collum and Adam Gaumont



8101 – 103 St.
Whyte Ave

the only place for miles & miles



Polaris can counter human strategies

POKER ♦ CONTINUED FROM PAGE 1

Bowling also used this comparison between chess and poker to explain that the goal of Polaris isn't necessarily to create a program that can beat humans, but rather to explore future applications of artificial intelligence.

"In many ... real-life decisions for which you might want to build an AI system to make, poker is much more like real life than chess," Bowling said.

To create Polaris, which has been in development for over 15 years, the research team looked at how humans play and the gaps in certain strategies that are used in poker. The result is a program that doesn't model a human player, but rather adapts to what it perceives its opponent's strategy to be.

"If we try to use modelling techniques out of the box, they don't work very well," explained Martin Zinkevich, a postdoctoral fellow who is working on Polaris. "The reason being, it's very difficult to form a

model for a human. Instead, we've tried to find techniques that play against what we think is the gist of how a human plays."

The team accomplished this by first developing a very strong equilibrium program to form the basis for Polaris. This program plays by analyzing the mathematics and game theory, and it results in a technically sound game of poker.

However, this equilibrium program is still largely unable to defend itself against overly aggressive or miserly players. To rectify this, they developed a series of "bots" that play slightly off of the equilibrium and are designed to counter the strategy employed by its opponent.

"Polaris is actually a mixture of these bots," Zinkevich explains. "We develop a series of what we call gears. So we have a "solid gear," which is just a pure equilibrium. Then we have a bunch of things that are off the

equilibrium, which we think will work well against humans."

The team got their chance to try out Polaris in a heads-up tournament against professional poker players Phil Laak and Ali Eslami recently during Vancouver's Association for the Advancement of Artificial Intelligence Conference on 23–24 July.

The competition was made up of four games totalling 2000 hands of poker and a \$20 000 purse up for grabs. To take as much luck out of the equation as possible, the cards dealt in one game between a pro and Polaris were switched during the other, resulting in an equal amount of "good hands" for the pros and Polaris.

At the conclusion of the first day of the competition, Polaris pulled out a single victory in the morning, while the second hands being played resulted in a draw. However, the evening matches saw the pros take both hands going in Wednesday's games.

Gateway Editor-in-Chief Adam Gaumont had the opportunity to play a few hands against Polaris. Here's his first-hand account.

In a lot of ways, playing poker against a computer doesn't feel much different than playing against other online players. It's also quite similar to playing against the computer in any video game: in this sense, "AI" has been around for a long time. But Polaris is different: it's a poker-playing cyber-bot with *attitude*.

I found this out the hard way when I went heads-up against it for about 30 hands last week in the Computer Science department here on campus. After building up an early lead against

my nebulous opponent, I was feeling reasonably confident in my ability to at least stay even with it for the duration of my stay. But about 15 hands in, as I started getting bolder (and making decisions more rashly), it started taking me deeper and hitting me harder.

I managed to roar back with a couple of big take-downs and actually go up \$20 before wisely walking away. But that fortunate ending was undoubtedly the result of the luck of the draw moreso than my modest poker skills, as not only was it impossible to tell if the computer was bluffing—it was equally impossible to tell if *my* play was having any effect.

Still, the fact remains that it still owes me 20 bucks. Pay up, Polaris.



RYAN HEISE

Research on therapeutic effects inconclusive

MEDITATION ♦ CONTINUED FROM PAGE 1

She further discussed how researchers are interested in how mind-body techniques can produce certain effects in clinical populations.

However, Ospina and Bond's research was not without its challenges, especially when faced with becoming familiarized with 813 reports on meditation. While the studies included in the report were

from all over the world, most of the studies were conducted in the US, with some reports from Western Europe and East Asia. Besides time constraints, Ospina also cited the difficulties of finding translators—one reason the team chose only to analyze English-language studies.

"Unfortunately, that means what we are missing may be [a] very rich source of information in languages like Chinese or Hindi. We

don't know how many studies have been conducted in these languages, and that is an important issue considering we are studying Eastern practices using scientific research methods that were developed in the West," Ospina said. She added that there needs to be an improvement in research methodologies and reporting for future studies in order to prove the conclusiveness for the therapeutic value of meditation.

NEWS BRIEFS

NEW TECHNOLOGIES HEADED TO U OF A BOOKSTORE FOR SEPTEMBER

As digital distribution of music, TV shows, and films continues to increase, the oldest and most integral medium for education, the printed book, is beginning to seem more and more old-fashioned.

For University of Alberta students, however, this will all change come September, as the U of A Bookstore has invested in two very different technologies to distribute books digitally.

The first is the Espresso Book Machine (EBM), which offers all-in-one, on-demand printing of books, textbooks, and course packs—it even publishes students' own works. The EBM consists of a computer linked to a massive database of digitized material, five laser printers, and a machine that collates, trims, and binds the pages.

The EBM is capable of printing a 550-page soft-cover book in around two minutes, with a final product that's nearly indistinguishable from one produced at a professional printing press. It will also allow for custom textbooks or

anthologies consisting of only specific chapters or works, to be produced for classes at lower costs.

"If you go to a class and have a 600-page book, and it's a good book for 250 pages, but you pay for the other 350, that's when students get frustrated," explained Todd Anderson, director of the University of Alberta Bookstore.

"They get frustrated by the price, but they also get frustrated when they don't use it all or [when] there's not a value in it. So, we want to pull parts of the book out and be able to produce them for our students."

Dane Neller, CEO of On Demand Books, the company behind the EBM, echoed Anderson's sentiments of cost savings.

"Overall, it's instant availability, immediate access, and ultimately lower prices," Neller explained. "We're very excited about this project with the University of Alberta ... and we think it's the beginning of a revolution."

The cost of the EBM has yet to be disclosed, but Anderson said it would be made public when the machine is up and running by the end of August.

The second new addition is the iLiad e-book reader from iRex technologies.

The iLiad is an electronic device—similar to a large PDA—that allows books, textbooks, notes, newspaper, or any other printed material to be downloaded and viewed in real time.

But unlike flickering CRT or backlit LCD monitors—both of which cause strain on a reader's eyes—the iLiad uses a new technology called e-paper.

E-paper is not backlit, but instead reflects available light, just like regular paper, supposedly resulting in an incredibly crisp display that is easy on the eyes but has the versatility of a digital medium.

Anderson, while excited about the iLiad, has not yet set up a distribution model for the product, and getting material for the reader is the first priority.

"If it doesn't have content, it's just a box," he explained. "So we have to get the content providers on the back end to say, 'Here's our digital file; you can sell it as a book, as a digital file for their desktop, or you can sell it as a digital file for a reader.'"

Anderson said he hopes to have both systems up and running before students return for fall semester in September.

Ryan Heise, Deputy News Editor



Downtown Party Tent

Get Ready Edmonton, because

You Won't Believe Who's Coming!

July 18 - 28

A small preview of some of the events you'll see during July 18 - 28:



official race headquarters

Week 1

Wednesday, July 18
Industry Sneek-A-Peek Party
Edmonton's first look inside the Downtown Party Tent! Tent opens at 8pm. \$3 drinks.

Thursday, July 19
Kick-Off Party With DJ AM
DJ AM's first show in Edmonton! Tent opens at 6pm, show starts at 8pm.

Friday, July 20
After Work ZOO-2K U2 Tribute
Edmonton's biggest happy hour party featuring live music and photo opportunity with the Crown Royal Nascar. Tent opens at 3pm. \$1 beers and highballs from 4-5pm. \$4 beers and Crown Royal from 5pm-8pm. Food service available.

Race Party Live to Air with Connected
Connected Fridays with Nestor Delano and Luke Morrison.

Week 2

Wednesday, July 25
Budweiser Mystery Celebrity DJ
Surprise Celebrity DJ. You won't know who's spinning until you show up! Tent opens at 6pm, show starts at 8pm.

Thursday, July 26
Tommy Lee DJ Set
The one and only Tommy Lee will be spinning live in Edmonton's Downtown Party Tent. Tent opens at 6pm, show starts at 8pm.

Friday, July 27
After Work Round 2
Featuring retro beats, \$1 beers from 4-5pm and \$4 beers 5-8pm. Tent opens at 3pm.

Biggest House Party in the City
Connected Fridays with Nestor Delano and Luke Morrison. We're live to air with The Bounce, this is the party you won't want to miss!

Saturday, July 28
Lexus IS 350 Launch Party
Win a weekend getaway with a Lexus IS 350!



For general inquiries, please contact us at: 780.420.9098 | www.thebankultralounge.com

For more information, group and corporate bookings: Lindsay Lloyd 780.686.5563 lindsay@thebankultralounge.com

CONNECTED presents



DJ KWAME

Thursday July 19

Alongside CONNECTED Residents... **DUSTY GROOVES** and **GORDON THOMAS**

THE BANK ultra lounge

MAINROOM 11PM-2AM

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HARMAN 8
www.edmontonpdx.com www.myspace.com/djkwameAB

THE BANK ultra lounge
420-9098 10765 Jasper Avenue thebankultralounge.com

Tickets: First 300 \$25 in Advance // Remaining \$35 @ Door
Available @ Foosh, Yess Hair, The Bank Ultralounge, Ticketmaster

Newspaper folds due to alien attack!

NO MORE TWO-HEADED BABIES, NO MORE scoops on the latest alien invasion attempt, no more sexy snapshots of Lincoln out of drag: on 27 August, the fantastical tapestry that is the *Weekly World News* (WWN) will come to an end after 28 years in print.

American Media Inc announced this week that they would be ceasing the magazine's publication, citing "challenges in the retail and wholesale magazine marketplace that have impacted the newsstand" as the reason for the closure. In other words, not enough people were interested in reading about the world's fattest assortment of animals.

When I initially heard this news, I thought, "So what? Who cares if there's one less trashy, ugly, black-and-white news rag vying for my attention at the checkout line?" Never in my life have I wondered if Hillary Clinton's vagina was the first ever robot to give birth. And the only misunderstood, emotionally damaged teenager I have any interest in is Archie Andrews, not Bat Boy. I'll never get tired of that freckled rascal-lion's epic saga of cold showers and the bluest of balls.

However, the sad fact is that out of all the awful magazines you see at the supermarket, the WWN is the only one that's genuine about its bullshit. Unlike tabloids, where you can pretend that you're just keeping up on pop culture—following the stars so that you'll have something topical to say during that next awkward silence—when you pick up *Weekly World News*, there's no fooling yourself into thinking you're not reading trash.

It's like listening to your crazy, drunken uncle ramble about the time he hunted and killed the last surviving sasquatch; sure, you know it's bullshit—and that the monster was likely just a hapless hobo—but part of you enjoys being lied to.

I won't lie by saying that I've never indulged in celebrity gossip, skimming through the latest in power-couple name fusions and musing about their latest drug problems or attempts to depopulate third world nations through the underhanded tactic of adoption. But I won't deny that, in the end, all I'm doing is killing time with easy-to-read trash.

Say what you will about hack writing, 'tis nobler to spend your days chronicling the exploits of Frankenstein's monster's murderous trek across Arkansas than to pick apart the coked-up, shattered ruins of Lindsay Lohan's career like so many hungry piranhas. The WWN only ever imagined human misery, rather than thriving upon it.

Perhaps, instead of covering the race to prevent ancient Aztec relics capable of raising a horde of zombies from falling into the hands of the Taliban, the WWN should have been the first to break the story of Bat Boy's wild sex parties and his crippling addiction to type-O blood. Or follow Christopher Reeve's uphill battle against the stairway to heaven. Then they might have been able to keep today's scandal-thirsty readers interested.

The sad fact is that even though this cancellation will open up a spot on the crowded magazine rack, it will be replaced by something even less worthwhile. Another splash page covered in a steaming heap of celebrity gossip, freshly regurgitated into our eager mouths so that the rest of us can justify placing them on a pedestal by dragging them, kicking and strung-out, back into the mire with the rest of us.

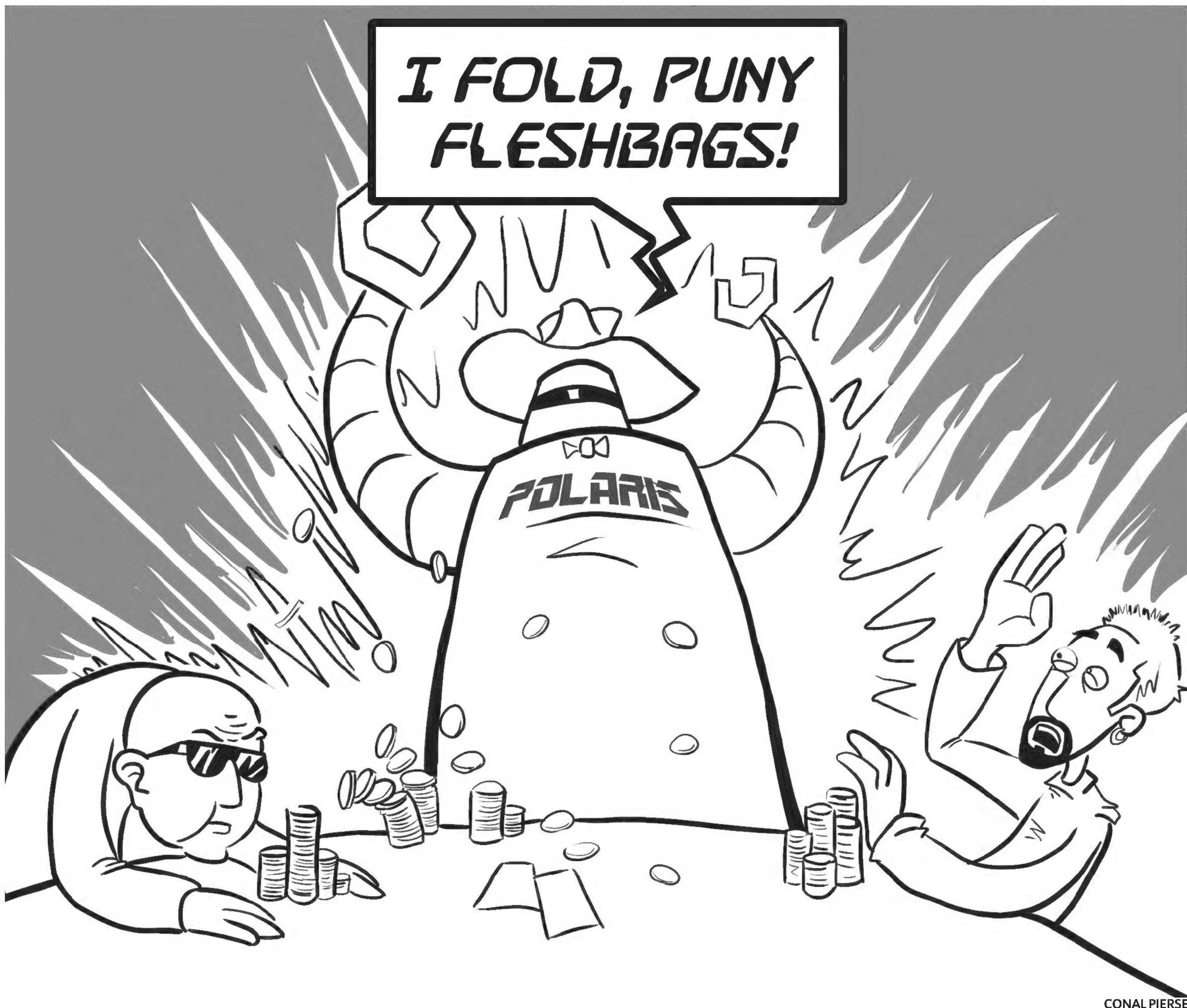
CONAL PIERSE
Opinion Editor

Iraq just can't win

IN A SHOCKING SERIES OF EVENTS THAT SADLY but neatly sums up hundreds of years of cultural strife in war-torn Iraq, the national soccer team pulled off an invigorating 4–3 victory over South Korea in the Asian Cup, only to see two car bombs and multiple shootings kill dozens and injure hundreds more in the jubilant aftermath.

Even as the biggest boost to the collective morale of the Iraqi people in recent memory was occurring, a barbaric few were there to ensure that these tentative hopes and fragile psyches were swiftly battered back down. Business as usual in the Middle East, in other words.

ADAM GAUMONT
Editor-in-Chief



CONAL PIERSE

LETTERS FROM THE ARCHIVES

Letters from a son at university to his father

I received your last letter alright and am returning it with the mistakes in spelling underlined in red ink. You will find them in the dictionary, with the exception of the word "ain't," which you won't find any place, and which you don't want to look for.

I'm glad to hear that Ma is well except for having the typhoid fever and likewise the children.

The social life in the University has been of an extremely high order so far this year. In no less than three receptions have we participated as an institution. A very successful, shall I call it *Soirée*, was held recently by the sophomores.

I was enjoying the program immensely until imagine my embarrassment when, upon looking up, I discovered that I was only six seats from a girl. I hastily rose and withdrew to a seat where I would not be subject to scandal. The program was interspersed with promenades, in which I took no part, as none of the ladies asked me for the pleasure of one.

Next came the supper. The freshmen took down the ladies, which greatly relieved me, for it gave me a chance to take down some coffee and sandwiches. Everyone seemed to be enjoying themselves so much. It reminded me of Plato's saying "*Labor vincit omania*," which means freely "boys will be boys." How I wish you could understand Latin, as you could embrace more readily my feelings towards life and things, and these little quotations would need no translation.

I often think of the farm and

animals and you and mother. I must close now. As the French have it: "*Je vais dearie achos*," or to translate: "I am going to say good-bye."

November 1910

Since my last letter the exams have come and gone. Most of them were easy. In the chemistry paper, one of the questions was "how would you tell the difference between a stick of phosphorous and a stick of dynamite?" I said: swallow it and kick yourself—which I've no doubt was right.

Immediately after the exams came the "Conversat," which is an annual way of spending a dollar. Down in the refreshment room where I passed most of the evening, two of the students were clinking their glasses together and saying, "here's to luck" and similar phrases. One of them turned to me and said, "Do they ever drink toasts where you come from?" I responded, "No, Miss, we usually eat it," which crushed her. The idea of drinking toast!

I attended my first hockey game last week. It was between the Varsity and the YMCA. The game is played by 14 men and two detectives in plain clothes. Every few minutes one of the detectives would ring a bell and the players, thinking it was dinner time, would stop playing, whereupon the detective would seize the puck and keep it for a minute.

Each player has a certain name. One is called goalkeeper, another right wing, etc One was called the rover, as far as I could see, because he always arrove at the wrong time.

There were a lot of students watching the game, and they made a great deal of noise. Some had loud voices, some had loud horns, and some only loud clothes, but all managed to make a fearful row.

I'm afraid I made an awful breach of etiquette at the Conversat. The programs said "Refreshments

served from 10 to 12." I tried my best but I could only stick it out for an hour and a half. If I had taken another bite, I think I'd have died. Perhaps no one noticed that I left before time was up.

I've had my picture taken as you told me to. I only got a head-and-shoulder picture, however, as the camera was not large enough to take my feet. Still they will be enough to let people see how I look. I must now close this letter.

February 1911

Just a couple more weeks and I'll be home again. This has been a very heavy month. Besides preparations for the exams, there has been the Mock Parliament, the Freshman reception, and we've been in the heat of an election campaign.

I was nominated as president of the Students' Council to run against Mitchell and Ottewell, and I took the whole University by storm. Everybody was shouting my name and I could see that the two other candidates were becoming intensely jealous. Finally they began to feel so strongly that I felt it necessary to withdraw in order to arrest hard feelings. There would have been a lot of work in connection with the office anyway.

The Mock Parliament has been a very marked success. One night I arrived about five minutes late and found that the nation's business had been dispatched, and the members were all dancing around the floor.

I took a chair and watched the proceedings for a minute, but I almost fainted when I looked across the floor and saw my friend Pink, dear old Methodist Pink, with his arm around a girl, going around and around in a circle and stepping on first one of her toes and then on the other. I wondered about him, but then you can never tell what Pink will do next.

In a few minutes the music stopped, and the girl retired into a corner to rub her sore toes while Pink came bouncing across the room to me with a broad grin and said, "Oh, Bob, I've learned to dance! That was the 'Walrus' that I just learned and soon they're going to teach me the 'Squad drill.'"

I heard of a very odd case the other day in Strathcona: a middle-aged lady got a bad earache, and in order to relieve it stuffed both ears full of cotton. Soon after someone asked her a question, and she shook her head, whereupon her head at once blew off. She discovered next day that she had used gun-cotton instead of the ordinary kind.

There's lots more news which I might tell you, but I think I'll keep it till I get home. Don't forget to meet me at the water-tank where the train comes in.

I remain, Your Offspring,

BOB
1910-1911

From the Archives is a semi-regular feature where the Gateway runs historical letters that we feel are of particular importance—or are just really hilarious.

Modern day letters to the editor should be dropped off at room 3-04 of the Students' Union Building, or emailed to letters@gateway.ualberta.ca.

The Gateway reserves the right to edit letters for length and clarity, and to refuse publication of any letter it deems racist, sexist, libellous or otherwise hateful in nature. The Gateway also reserves the right to publish letters online.

Letters to the editor should be no longer than 350 words, and should include the author's name, program, year of study and student ID number to be considered for publication.

Twisting words and spinning lies

Some people have a way with words—the problem is they use it to mislead you



MARIA
KOTOVYCH

Several weeks ago, George W Bush was asked to define what success in Iraq would look like. He gave a very roundabout answer, saying that a democratic Iraq could still have levels of violence similar to those seen in some parts of the United States. He ultimately culminated his ramblings with the not-so-astute definition that “success is not no violence.”

Bush’s linguistic follies demonstrate one of the most fascinating aspects of language: the way words and their connotations can influence how we think about things.

For example, the phrase “health care premiums” poses a similar problem. The word “premium” suggests something that is the best of its kind. But let’s not kid ourselves: a premium is just a fancy way of saying “fee.”

Phrases such as these are rather Orwellian in nature, imitating the “Big Brother” tactics of using names that are the exact opposite of what they really are: for instance, “Ministry of Truth” as the name for the Ministry that produces the government’s propaganda and lies.

Speaking of propaganda, those “non-violent” Americans and their President have something called the Patriot Act. There’s a name that can’t

be refuted; seriously, would anyone stand up and say “I’m against The Patriot Act,” even though this act allows the government to impose all kinds of totalitarian restrictions on people’s civil rights?

I honestly think that the name The Patriot Act isn’t specific enough; the government could have even taken it one step further and called it “The Conservative Republicans Adore Patriotism Act”, or “The CRAP Act.”

“Say what you want about Donald Trump, but at least his cry of ‘you’re fired!’ is clear, simple and direct.”

This act allows the American government to “collect intelligence,” which to me just sounds like plain old spying. Would James Bond films be as appealing if they featured Bond going up against “international intelligence collection officers?”

Imagine a parent playing the game “I Spy” with their child, but saying “I collect intelligence on something big and blue!”—a needlessly stupid game like that would make me lose my temper. People should just call a spade a spade and call a spy a spy.

Finally, no discussion of intelligence—well, stupidity—would be complete without a look at corporate buzzwords. Phrases like “value-added,” “synergy,” and “downsizing” lead the

parade of big words that seem important but mean a lot less than their impressive-sounding names suggest.

“Value-added” simply refers to a product or service that people are getting paid to provide, so these workers are really just doing their jobs.

If team members have “synergy,” it simply means that they remember what they learned in kindergarten about getting along with others. “Downsize” means that someone is going to lose his or her job.

Say what you want about Donald Trump, but at least his cry of “you’re fired” is clear, simple, and direct. Perhaps MBAs and corporate types could take an example from this approach and skip the convoluted doublethink.

But perhaps the most bizarre phrase that I’ve ever encountered was on a banner at my bank: I was waiting in line when I noticed an advertisement telling customers to start thinking about their “succession plans.” I was puzzled for while, especially having been confused previously by George Bush’s definition of “success.”

But then I laughed: a “succession plan” is just a stupid name for a will. Is using the phrase “succession plan” going to change the fact that we’re all going to die? No. Does it soften the blow of our mortality? Absolutely not.

But of course, people who call it a “succession plan” probably think that where there’s a will, there’s a way. And for Bush and others who screw around with words to obscure reality, maybe that’s the true definition of “success.”

I think my University life has been passing me by



BRENDAN
MUNRO

I’d always wanted to make a contribution to the Gateway, but I could never seem to find the time. There was always the lecture that I convinced myself I should go to, that Stats lab that didn’t seem to bear any relevance to my degree, or the hours spent rifling through pages and pages of well written but mainly useless textbooks at the library. And then I graduated.

There just didn’t seem to be enough time in the day to meet these school requirements as well as my work obligations. Feeling the pressure of rising tuition and rent prices, I found myself at my job off campus nearly every afternoon and Saturday, totaling about 30–35 hours per week.

This covered the bills, but in a lot of ways it robbed me of one of the best parts of the University experience: the coming together of bright, articulate and diverse people for the purpose of learning not only about physics or literature, but about each other.

With each passing semester I seemed to spend less and less time on campus and would often decline invitations to meet up with classmates to study or go for beers. I’d turn down chances to go to Bears games because I was stuck at work. I’d duck out of parties because I

had an early shift on Saturday.

Of course, I always saw the posters for student activities and read e-mails about student organizations. And there was always some great guest lecturer I wished I could go see, some organized debate I wished I could weigh in on, or some sweet band playing the Powerplant, but I could never convince myself that I had the time.

There always seemed to be something more pressing: the shift at work, the paper due next week, assigned reading that I’d yet to finish. By paying my own tuition, I realized the full value of my education, and was scared to waste too much time.

I remained focused, and in the end it wore me down. The constant battle to balance my social life with my school work caused both to suffer, but I got through it. However, looking back on what I accomplished I can’t help but think about what I may have missed.

Sure, I grew as a person, learned from some really bright professors, and met some great people, but I rarely got to experience university. In maintaining my steadfast focus, did I miss out on the best parts? Was there something to miss? Was the “university experience” that I imagined, an unattainable thing—a red herring of sorts?

I think that it’s there to be had, but I also think that as more students pull themselves away from campus to live and work, the experience becomes increasingly diluted. It’s hard to find the time, but we all really have to make an effort to get something out of our own university experience. Just make sure you’re ready for that test on Monday.



University Acupuncture, Massage and Herbal Therapy Center

Acupuncture

Acupuncture assists the body in the maintenance of health by stimulation of the body’s natural defences resulting in resistance to disease. Stimulation of specific acu-points by the insertion of thin needles creates a physiological response in the brain activity, heart rate, blood pressure, hormonal levels and in the immune system. Our goal is to restore patient’s health and to prevent the development of illness.

Massage

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Herbs

Herbal formulas are specifically designed for each patient. The herb granules we use are extracted from raw herbs and packed in capsules for fast absorption.

In our clinic we use these therapies to help with the following conditions:

- *Neurological & Musculoskeletal, endocrine:* headache, migraine, sport injuries, industrial injuries, car accident, shoulder, neck, back pain
- *Stroke, Hypertension, Chronic Fatigue Syndrome, whiplash, tennis elbow, sciatica, numbness,*
- *Mental & Emotional:* depression, insomnia, poor memory, stress, anxiety
- *Gastrointestinal Disorders:* IBS, constipation, diarrhea, acute & chronic gastritis, digestive problems, obesity
- *Female gynecological:* PMS, infertility, menopause, abnormal menstruation
- *Respiratory conditions:* common cold, cough, asthma



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NEW GRADUATE COURSE

INT D 561

Energy & Environment Focus on Oil Sands

INT D 561 is an exciting new opportunity for graduate students to immerse themselves in the study of energy and the environment with peers across various disciplines at the U of A. The goal is for students to acquire more breadth in their studies through exposure to various methodological and disciplinary approaches involved in the study of energy & environment, and particularly in oil sands issues this semester.

Semester: Fall 2007

Class Times: Tuesdays 18:30—21:30

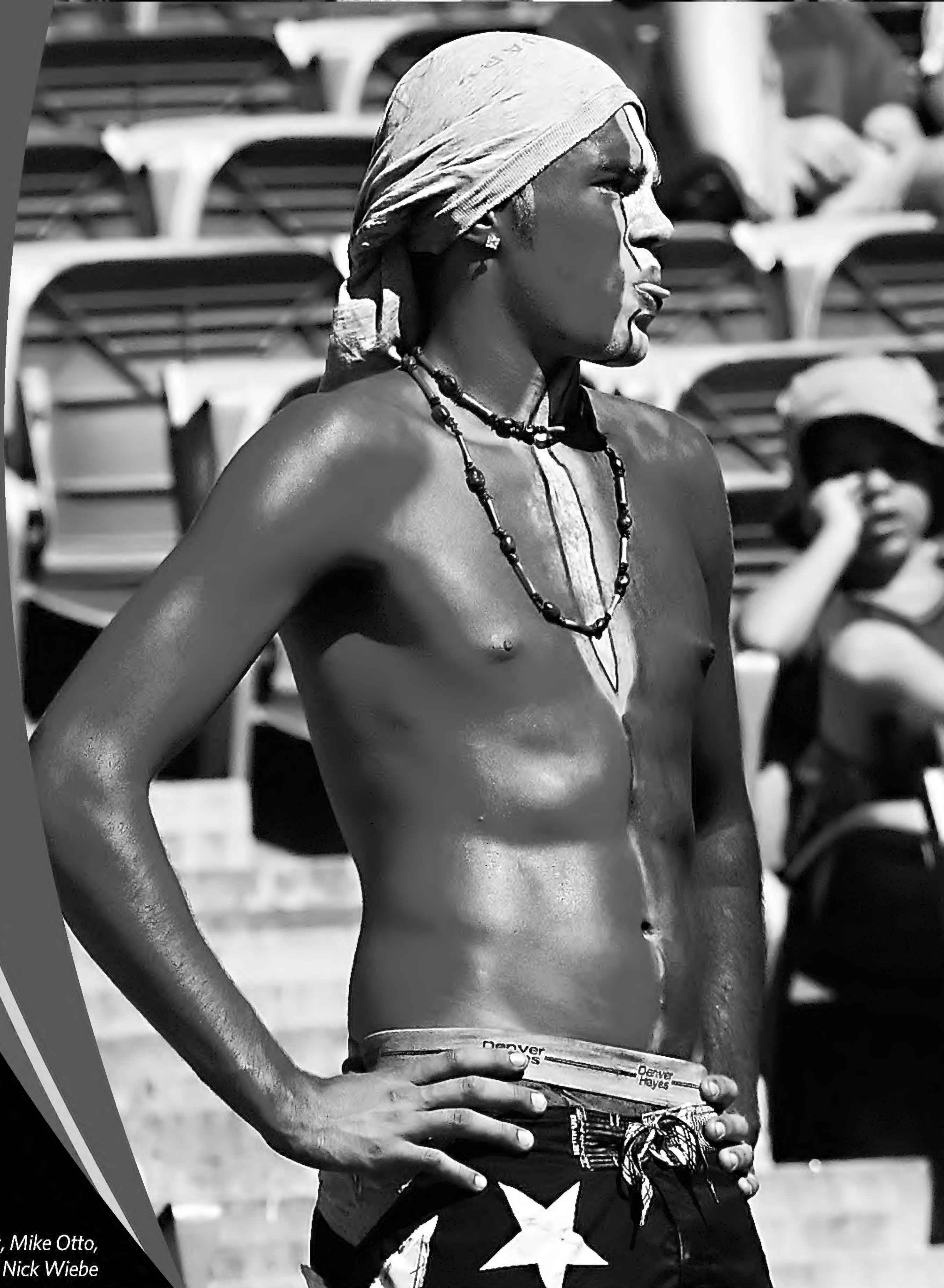
Location: Business 1-10

Prerequisite: None, other than being a registered graduate student at the U of A with an interest in energy, environment, and oil sands.

Structure: Lectures delivered by various U of A faculty members from a range of disciplines (social science, science, engineering, law, native studies, etc.)

School of Energy and the Environment (SEE)

For more information, please visit www.see.ualberta.ca



Photos by Josh Nault, Mike Otto,
Tara Stieglitz, and Nick Wiebe

HALFBACK PASSES TO CENTRE

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"The best game of the tournament was definitely Spain-Brazil. I think the right team won [overall]. The Argentinians were definitely the most talented team. It was kind of unfortunate that they dove a little, but they were the most skilled team in the tournament and the most exciting to watch.

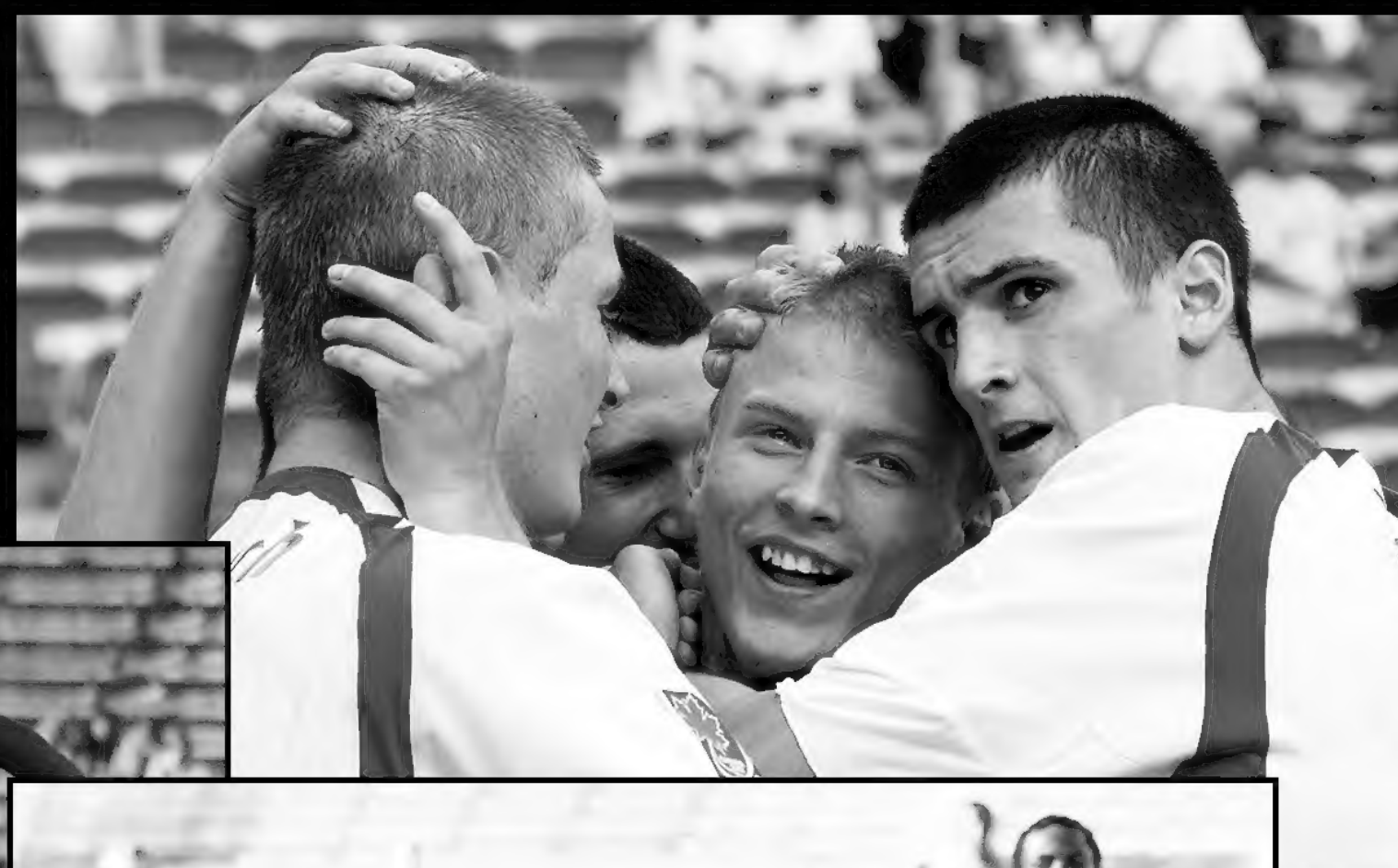
—Will Shaw, BA '07



Football's next generation at the U-20 World Cup

quality of play is always going to be great because these are the young, aspiring players looking to play the professional level around the world. The level of game was very good for under-20 year[s] old. I was particularly impressed with the more attacking-minded teams. There were a number of teams with more offensive modes, but those teams with the more attacking styles such as South Korea and Japan—though they didn't make it past the group stage, they were exciting to watch—as well as some of the teams in the off rounds, [such as] Argentina, Chile, and Spain.

—Len Vickery, Bears soccer coach



"I attended the Spain-Czech Republic game and the Austria-Czech Republic game. The Spain game was better because more happened, and there was more offense. I don't have any favourite players, but I did like watching Freddie Adu from the American team. I'm glad the Americans did well.

—James McNutt, Arts V



"I didn't watch any on TV except the Brazil-Spain game, which was definitely the best one that I saw. It was kind of boring at first, but it was so close that they had to go into overtime. They both scored in overtime, and then they went to the shootout. That was pretty fun. There was also this one goal in that game that was pretty spectacular. It was one of those crazy Matrix scissor-kick goals; it was beautiful.

—Kristalee Watson, BSc '07



FILE PHOTO: BEN BEGLEY

FLAG-CHIC Carline Muir didn't make the 400m final at the Pan Am Games last week, but she'll have another chance on the 4x100m relay this weekend.

Home-grown track stars take their show on the road

DAN PLOUFFE
Gateway Foreign Correspondent

RIO DE JANEIRO (CUP)—For most elite Canadian track and field athletes, the road to the top leads through a university in the United States. The decision to go south of the border is usually pretty simple: there's better coaching, better facilities, great competition, no funding problems, and of course, full athletic scholarships.

Nevertheless, five of the 30 Canadian track and field athletes competing at the Pan American Games in Rio de Janeiro chose the Canadian university route, while many more train in the country.

Jim Steacy (University of Lethbridge), Carline Muir (University of Alberta), Emanuel Parris (Université de Sherbrooke), Jessica Zelinka (University of Calgary) and Dalhousie graduate Adrienne Power all had different reasons for staying in Canada, but they all felt that it fit their personal situation best.

Steacy improved on his Canadian record in the hammer throw in mid-June and now hopes to win a medal at the Pan Am Games. He stayed because he was lucky enough to have one of North America's best technical throws coaches right in his hometown.

"To have [Larry Steinke] in my own backyard where I grew up is just a huge luck of the draw," Steacy said. "I had offers in the States and other Canadian schools and I turned them down to stay at a school of 8000.

"It's a small program—we were building this past year, so it's a little tough that way. But it's a great program; the school is supportive, and it's a great community. And it's home, so to be able to compete in my hometown, that's a nice bonus."

Muir's athletic life has been out of the ordinary as well. Although she competes for the Pandas, she does her training with Legacy Athletics, a program established after Edmonton hosted the IAAF World Track and Field Championships in 2001.

University of Alberta is home to the Canadian Athletics Coaching Centre (CACC), so top-notch guidance and coaching was a big reason Muir turned down a "full-ride" from Texas A&M. Edmonton offered the chance to work with both CACC coach Kevin Tyler and sprinters Tyler Christopher, Adam Kunkel, Keston Nelson, and Brian Barnett.

"The first day when I made that decision, I was like, 'I can't believe I'm taking out my warm-weather clothes and putting in sweaters and stuff,'" Muir laughs.

Muir, who said she doesn't regret her decision to stay in Canada, also enjoys being able to choose when she wants to compete.

"I don't know if I could do that in the States," she said. Muir suffered a stress fracture before she was going to leave for Texas A&M and wasn't sure if she would have been allowed an adequate amount of time off to heal if she had gone there.

The burnout factor is another big concern for some athletes who choose to stay in Canada. Some were worried that they would be pushed too hard for four years without regard for their long-term health or future goals.

The downside, of course, is the Canadian winter. Jamaican-born Muir isn't a big fan of the cold, and training indoors presents its own problems.

"There can be a lot of people on the track at one time because everyone is inside," Muir said. "A lot of accidents happen. Some people can't even run any more because they twist their ankle when there's someone not looking who runs across the track."

Muir recently set a new personal-best of 52.03s in the 400m sprint at a meet in Mexico. Her goal was to set a new personal-best at the Pan Am Games, and earn a spot at this year's World Championships.

Things didn't go as planned for Muir in the 400m, however. She finished in fifth place in the third heat of the event. Her time of 53.25s earned her

15th spot overall out of the 22 competitors, and out of the final.

"When I finished, I thought I had a lot more in me, so I'm a little disappointed in myself," said Muir, who improved on her 53.66s time from two weekends ago at the Canadian championships, but missed her hopes for a new personal-best. "I still went out there and did my best but I could have run a lot faster and done a lot better."

Muir, running in the outside lane, was fighting from behind from the start due to a slow reaction time to the gun (.513s compared to most others around .3s). Muir said she was a little thrown off because she wasn't expecting the "on your mark" and "set" calls to be in Portuguese instead of English.

"There's some really great girls out here running," she said. "It's really nice to be on the senior team and to be able to run against some of the best in the world. [This race] was part of the learning curve, but I'm very impatient, so it's tough sometimes."

Muir is also expected to race in the women's 4x400m relay event on Saturday.

Zelinka's spot at the World Championships is secure since she's the world's tenth-ranked heptathlete. The winner of five gold medals and one silver at this year's CIS championships is aiming for nothing less than gold in Rio de Janeiro, and her ultimate goal is to win a medal at the 2008 Olympics.

The London, ON native competed for the University of Western Ontario before moving on to U of C for the 2002/03 and 2003/04 seasons. She took two years off, and returned to the Dinos last year.

"I just needed a change of scenery and there was a good multi-event training group in Calgary," Zelinka said. "I didn't really have lots of people to train with in London at the time. And Les Gramantik, the national team training coach, was there."

Edmonton swimmer takes dip into record books

ROBIN COLLUM
Sports Editor

Though she no longer wears the Green and Gold, Alberta swimming fans still have reason to be proud of former Panda and current national team member Annamay Pierse. She set two Canadian records and took home three silver medals at the Pan American Games last week.

Pierse swam a 2:26.79 in the 200m breaststroke on Sunday, beating the previous Canadian record, that had stood since 1988. It was also enough for second place behind American Caitlin Leverenz, who set a Games record.

Pierse also broke a national record and earned a silver medal in the women's 100m breaststroke event, putting up a time of 1:07.78. To top that off, she swam one leg in the 4x100m medley relay, which put a third silver around her neck.

"I had the best time," she said. "I

swam faster than I ever expected."

Her accomplishments helped Canada bring in 18 swimming medals—one gold, five silver, and twelve bronze medals—five more than the team earned at the last Pan Am Games in Santa Domingo, Dominican Republic.

These latest achievements didn't just fall into Pierse's lap: she's been swimming competitively since she was seven years old. A native Edmontonian, she started her swimming career with the Edmonton Keyano Swim Club, before competing for the University of Alberta for two years.

"I actually still hold a U of A record in the 200m breaststroke," Pierse said.

Pierse is now in her third year of a psychology degree at UBC. She trains at the National Swimming Center in Vancouver with the Dolphins, UBC's club team, which during the varsity season competes as the Thunderbirds.

Even with these medals under her belt, Pierse has no plans to slow down,



FILE PHOTO: WEIYANG LIU

THAT BEAR LOOKS LIKE IT'S DROWNING Former Panda Annamay Pierse has set a new Canadian record in the pool.

especially with two more major events this summer. Nationals are in Calgary this weekend, and she'll be racing in the Universiade Games in August. The rest of the year will be spent at school and training for Olympic trials in April.

Pierse hopes to be able to represent

Canada at the 2008 Olympic Games in Beijing next August, and to continue competing for years to come.

"I like everything about swimming. I love the fact that I get to travel and meet so many different people, go to events like the Pan Am Games, and see

things from an athlete's perspective," she said. "I love training hard—as much as I don't like it sometimes when I'm actually doing it, I like the way you can get out [of the pool] after a hard workout and be like 'Oh my goodness, I can't believe I just did that.'"



SOME LIKE IT HOT Chilean fans show quiet, subtle enthusiasm at their team's 12 July round of 16 victory against Portugal.

Soccer fans show their colours

Sure the soccer was great, but the best part of the U-20 World Cup matches was watching the rest of the crowd go bonkers for their home countries



ROBIN COLLUM

I'm not a soccer expert by any means. I suppose I could best be described as a casual fan of the beautiful game, but even I was thrilled when I found out that Edmonton would be helping to host the FIFA U-20 World Cup this year. The event is a showcase of the world's best up-and-coming players, and many stars of the U-20 tournament will go on to shine at the World Cup. Figuring that I might never have another chance to see such excellent soccer up-close, I was quick to take advantage of the opportunity to attend.

I was right to be excited, of course. From the (blissfully air-conditioned) press area, I was witness to spot-on passes, majestic saves, and even a few spectacular goals. But equally enthralling to me was the action in the stands.

Soccer might be low on the list of popular spectator sports in Canada, but you'd never have been able to tell that from the fan response at Commonwealth Stadium. The matches here brought the city's soccer community out en masse—painted chests, "marry me" banners, flag-capes, and all.

The tournament brought 24 teams to Canada to play, and Commonwealth Stadium was host to teams from Congo, Austria, Chile, Gambia, Portugal, Spain, Canada, and eventual second-place finishers the Czech Republic. This influx of international soccer talent meant that the many Edmontonians who trace their roots back to those countries made sure to attend the games and lend their support.

And that support was loud and enthusiastic. Imagine the fan enthusiasm of the seventh game of the

Stanley Cup Finals or the Superbowl, multiply that by thirty, and you'll get an idea of the atmosphere created by the fans, arranged in colour-co-ordinated groups in the stands. The double-headers were the best, of course, because there were twice as many flags waving.

It wasn't just mindless nationalism, either. Everywhere but North America, soccer is huge, and Edmonton's many immigrants brought their love and knowledge of the game with them. Unlike me, a lot these fans know the sport—and the players from their home countries—inside and out.

Alberto Anaya was one such fan. Originally from El Salvador, he has been coaching soccer for most of his adult life. In that country's absence from the tournament, however, his loyalties were divided.

Everywhere but North America, soccer is huge, and Edmonton's many immigrants brought their love and knowledge of the game with them.

"First of all I support Canada," he said. "And Mexico is another country in which I grew up and played in as well. For the past about eight years there have been teams from Mexico [traveling here], and I host them in my house. In a big coincidence, Pablo [Barrera] stayed in my house when he was twelve or 13 years old.

"When he scored a goal in Commonwealth Stadium, he said he shared that goal with the families that supported him when he was a child here. It was very unique."

As a Canadian fan, Anaya was disappointed in the team's inability to get out of the group stage. He thinks that for Canadian soccer to really compare with the rest of the world, we need to put more of an emphasis on individual

skill development when players are still young.

"Everybody knows how beautifully Brazil, Argentina, Mexico, and Chile play, for example, and it's because they dedicate a number of years to what they call base football," he said. "When you see how not very technical other teams were, including Canada, it's because the lack of time teaching at that level."

It wasn't just first-generation immigrants taking in the action, either. Ruth Billio-Ramos, president of the Chilean-Canadian Culture Society in Edmonton, reported that her youngest son was following all the games.

"Soccer's huge in Chile, and even my young one knows who's who and what position they play," she said. "For him it was really exciting to see these young players playing at the calibre that they do. They're upcoming stars, so I think it was especially exciting for youth, who are looking at these guys as idols."


The Chilean fans were one of the most entertaining groups for me to watch. At the match between Chile and Congo, painted Congolese fans—led by one man in a traditional vest, head-dress, and grass skirt—danced and jumped on one side of the stadium, while on the other there a constantly growing mass of Chilean fans. It was a beautiful, screaming sea of blue, white, and red.

That makes sense, of course, when you consider that Edmonton supposedly has, after Toronto, the second-largest Chilean population in Canada. Most of them fled Pinochet's dictatorship in the 1970s, but they were clearly still extremely proud of their country and their players.

"We were sitting beside someone who was not Chilean, and he was like, 'Are you guys always like that? Do you sing all the way through?'" said Baillo-Ramos. "And we were like 'Yeah!' He thought it was interesting to see how much energy the fans have, whether they're behind or in front."

I couldn't agree with him more.

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